

Treat Your Own Back
Robin McKenzie

After 2000 prior reviews, it is hard to find anything original to say.

My spine hurt. I went to a doctor. He prescribed five kinds of medicine to relieve the pain, and nothing to address the underlying issue.

I never took the medicines. I looked online for some wisdom on the subject, and found this book six months ago.

I have been doing the exercises, in addition to my usual workouts with an exercise bicycle and swimming. The pain has diminished significantly. The sciatica is much less noticeable.

Bottom line: it works. I more than got my money's worth. Five stars.